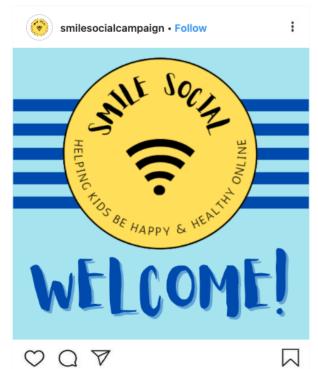


Instagram Post Log

Katie Mone June 2022

<u>Week 1</u> - Post #1

Release Date & Time: <u>Monday 6/13/22</u> at <u>9 AM</u> Theme: Introductory post to campaign Layout Preview:



Liked by katie_mone and 2 others

smilesocialcampaign Welcome to Smile Social's Instagram! We are a social media campaign that is here to spread awareness about the reality of social media, and help digital users like you improve their online habits. Social media and the World Wide Web are crazy places, and we're here to help you navigate them in a smart, safe, and rewarding way! If this interests you, feel free to give us a follow!

•

#SmileSocial #HaveYouSmiledToday

View all 20 comments 5 MINS



Instagram Post Log

Katie Mone June 2022

Week 1 - Post #2

Release Date & Time: <u>Thursday 6/16/22 at 9 AM</u> Theme: Smiling facts, being yourself, social media can be deceiving Layout Preview:





smilesocialcampaign Did you know that children smile an average of 400 times per day? Meanwhile, the average happy adult smiles 40-50 times per day. And unhappier adults tend to only crack about 20 smiles at best.

Make it your goal this week to SM:)E more! Don't fall into the traps of social media and take everything you see with a grain of salt. Not everything we see online is what it seems. Just be unapologetically YOU!

#BeYourself #SmileSocial #HaveYouSmiledToday

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Instagram Post Log

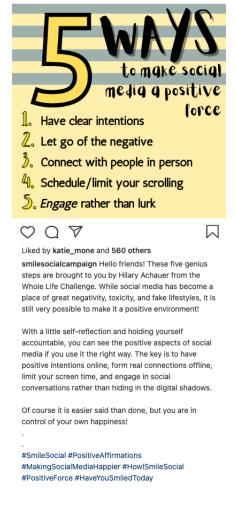
Katie Mone June 2022

<u>Week 2</u> - Post #1

Release Date & Time: Monday 6/20/22 at 9 AM

Theme: 5 ways to make social media a positive force

Content: Using current sources from my bibliography along with new information I found, I compiled five ways that social media users can turn their platforms into positive forces rather than negative, toxic environments, based primarily on information from <u>Whole Life Challenge</u>. Layout Preview:





Instagram Post Log

Katie Mone June 2022

<u>Week 2</u> - Post #2

Release Date & Time: <u>Thursday 6/23/22</u> at <u>9 AM</u> Theme: How social media can be used positively and negatively Content: Information from the <u>Socially Powered Blog</u> helped me compile this post on how social media can be both good and bad, and how it all depends on how we use it. Layout Preview: (the image was too large to fit on the page) Copy:

Happy Thursday, y'all! We hope that you have taken some time to reflect this week, whether it be about your digital habits or just life in general. We've learned that social media can be utilized negatively and positively, depending on how users approach it.

Blog writer Erin Cell discusses how to use social media for your own personal benefit as well as the benefit of those around you. She highlights the importance of not needing to be "friends" with any and every person you have interacted with. Connections should be meaningful, both on and off the screen.

It is also crucial to have self-control and set an example online. If you have a significant following and social presence, it's likely that a large audience will be watching. On the other hand, if you are a smaller creator following larger ones, be sure to keep yourself in check to avoid unrealistic comparisons between yourself and others.

Social media is a double-edged sword. Truly a blessing AND a curse! So take care when you open social media, for both yourself and others.

#SmileSocial #BlessingAndCurse #MakingSocialMediaHappier #HowISmileSocial #SocialMediaPositivity #HaveYouSmiledToday